

OMA Outdoor Championships Meet Records

Aug 29

Compiled by Doug Smith

Year	Location	Meet Director
1971	No Information	
1972	Hamilton - McMaster	John Parr
1973	Oshawa	
1974	No Information	
1975	(Cancelled due to 1st WAVA meet in Toronto)	
1976	Oshawa	
1977	Hamilton - Mac	
1978	Oshawa	
1979	Scarborough (NorthAm Champs)	George Mitchell
1980	Tillsonburg	Jim Young
1981	Oshawa	Chris Stones
1982	Kitchener	Don MacFarlane
1983	Sudbury	Shirley Pommier, Hugh Ferguson
1984	Oshawa	Kevin Dillon & Barb Webster
1985	East York CI	Brian Keaveney
1986	Etobicoke	Brian Keaveney
1987	East York CI	Brian Keaveney
1988	Etobicoke	Brian Keaveney
1989	Sudbury	Shirley Pommier
1990	Etobicoke	George Gluppe
1991	Oshawa	Oliver Sinclair
1992	Hamilton - Mohawk	Val Sarjeant
1993	Sudbury	Shirley Pommier
1994	Oshawa	Oliver Sinclair
1995	Tillsonburg	Ron Beck
1996	25 th York U.	OMTFA Executive
1997	York University	OMTFA Executive
1998	London -St Thomas Aquinas	Richard Lenz
1999	York University	OMTFA Executive
2000	York University	OMTFA Executive
2001	York University	OMTFA Executive
2002	Hamilton - Mac	Val Sarjeant
2003	York University	OMTFA Executive
2004	York University	OMTFA Executive
2005	York University	OMTFA Executive
2006	London - Western U.	Linda Findley
2007	London - Western U.	Linda Findley
2008	Toronto T&F Centre	Doug Smith
2009	Toronto T&F Centre	Doug Smith
2010	Toronto T&F Centre	Doug Smith
2011	Varsity Centre	Doug Smith
2012	Varsity Centre	Doug Smith
2013	Varsity Centre	Doug Smith
2014	Varsity Centre	Doug Smith
2015	Terry Fox - Brampton	Doug Smith
2016	Varsity Centre	Doug Smith
2017	Varsity Centre	Doug Smith
2018	York Lions Stadium	Doug Smith
2019	Varsity Centre	Doug Smith

2020	Cancelled - Pandemic	
2021	Toronto T&F Centre	Randolph Fajardo & Doug
2022	50th Toronto T&F Centre	Randolph Fajardo & Doug
2023	Toronto T&F Centre	Randolph Fajardo & Doug
2024	Toronto T&F Centre	Randolph Fajardo & Doug
2025	Toronto T&F Centre	Randolph Fajardo & Doug (25)

(add 0.24 sec correction to hand timed marks)

(many single decimal marks (eg 13.5) were probably hand timed)

(many older results have no wind readings. 'w' indicates an illegal wind)

100m

M30	Mellard Brown	11.12	2018
M35	Roxroy Cato	10.92	2025
M40	Anthony Garber	11.06	2025
M45	Smokey Santillo USA	11.72	1996
M50	Christopher Warburton	11.58	2016
M55	Kerry Smith	12.02	2009
M60	John Campbell	12.20	2025
M65	Tony Powell	13.15	2012
	Chuck Sochor	13.1 w	1994
M70	Ward Hazen	13.31	2025
M75	John O'Neill	13.40	1999
M80	Tony Powell	15.14	2024
M85	Mike Morris	17.68	2025
M90	Karl Trei	22.50	1999
W30	Jordanne Williams	12.31	2021
W35	Molly Killingbeck	12.66	1997
W40	Khama Beckles	13.24	2018
W45	Susan Merlau	13.50	2024
W50	Karla Del Grande	13.18	2004
W55	Karla Del Grande	13.47	2009
W60	Karla Del Grande	14.04	2016
W65	Karla Del Grande	14.00 WR	2018
W70	Wendy Alexis	14.47	2025
W75	Isobel Cunningham	18.0	1991
W80	Isobel Cunningham	22.61	1996
W85	Isobel Cunningham	23.78	1999
200m			
M30	Dree Ryan	22.76	2010
M35	Roxroy Cato	21.95	2025
M40	Kerry Smith	23.20	1997
M45	Thaddeus Bell USA	23.78	1992
M50	Kerry Smith	23.50	2006
M55	Kerry Smith	24.50	2009
M60	John Campbell	25.16	2025
M65	Tony Powell	26.53	2009
M70	George Horton	29.72	2004
M75	Earl Fee	30.72	2006
M80	Earl Fee	32.93	2012
M85	Earl Fee	39.97	2016
M90	Vattan Gill	65.09	2019
W30	Paula Suchowiecka	23.96	2023
W35	Khama Beckles	26.67	2013

W40	Jeanette Rogers USA	27.49	2018
W45	Latricia Dendy USA	27.38	2018
W50	Karla Del Grande	26.44	2005
W55	Karla Del Grande	28.01	2012
W60	Karla Del Grande	28.58	2013
W65	Karla Del Grande	29.21 WR	2018
	Karla Del Grande	29.11 w	2019
W70	Karla Del Grande	30.05	2024
W75	Alice Cole PQ	40.46	2013
W80	Aileen Burgin	51.86	2024
W85	Jean Doench	69.80	2025
400m			
M30	Ali Ghadghoni	50.40	2023
M35	Andrew Clements GBR	50.82	2018
M40	J. Burnett	51.83	1982
M45	Mike Sherar	51.39	2009
M50	Khalid Mulazim USA	53.02	2018
M55	Rudolph Valentine USA	54.56	1979
M60	William Yelverton USA	56.23	2021
M65	Earl Fee	58.9	1995
M70	Earl Fee	62.49	1999
M75	Earl Fee	69.28	2005
M80	Earl Fee WR	1:10.82	2009
M85	Earl Fee	1:23.55	2016
M90	Vattan Gill	2:27.64	2018
W30	Katonya Harding	62.61	2000
W35	Maureen Rodrigue	59.17	2001
W40	Maureen Rodrigue	61.83	2005
W45	Latricia Dendy USA	60.87	2018
W50	Karla Del Grande	60.56	2004
W55	Karla Del Grande	1:07.88	2009
W60	Karla Del Grande	68.03	2013
	Karla Del Grande	68.03	2017
W65	Karla Del Grande	68.31	2021
W70	Karla Del Grande	1:16.72	2024
W75	Maureen Teixeira	1:52.47	2018
800m			
M30	Andrew Heffernan	2:03.09	2023
M35	Rich Tremain	1:58.43	2007
M40	Ray Tucker	1:58.1	1988
M45	Ray Tucker	2:02.89	1993
M50	Patrice Doucet PQ	2:06.33	2023
M55	Jim Dyck	2:11.35	2024
M60	Mark Pinckard	2:13.17	2021
M65	Earl Fee	2:19.0	1994
M70	Earl Fee	2:23.04	1999
M75	Earl Fee	2:38.91	2005
M80	Earl Fee	2:48.95	2009
M85	Earl Fee	3:22.74	2016
M90	Earl Fee	3:34.93 WR	2019
W30	Sasha Scott USA	2:11.31	2008

W35	Marg Hendershot	2:15.7	1991
W40	Faith Nesdoly	2:21.09	2001
W45	Faith Nesdoly	2:24.88	2005
W50	Liz Maguire	2:35.48	2018
W55	Heather O'Hagen	2:39.55	2017
W60	Jean Horne	2:45.67	1993
W65	Jean Horne	2:54.67	2001
W70	Jean Horne	3:11.43	2004
W75	Alice Cole	3:52.73	2012
1500m			
M30	Andrew Heffernan	4:24.07	2023
M35	Rich Tremain	4:06.18	2007
M40	Ray Tucker	4:06.0	1988
M45	Jay Brecher	4:13.14	2021
M50	Ed Whitlock	4:21.1	1982
M55	Cliff Hall	4:39.2	1982
M60	Cliff Hall	4:53.7	1988
M65	Earl Fee	4:52.0	1994
M70	Ed Whitlock	5:24.94	2003
M75	Ed Whitlock	5:26.03	2007
M80	Ed Whitlock	5:59.81	2011
M85	Ed Whitlock	6:51.86	2016
W30	Sascha Scott USA	4:38.06	2008
W35	Janet Takahashi	4:40.6	1995
W40	Cecilia O'Neill	4:55.39	2004
W45	Tiffany Newell	4:57.15	2022
W50	Seanna Robinson	5:10.05	2025
W55	Makie Ohler	5:25.56	2021
W60	Alison Wiley	5:42.49	2024
W65	Jean Horne	6:10.03	1999
W70	Jean Horne	6:40.31	2004
5000m			
M30	William McLeish	16:06.02	2023
M35	Gord Michener	15:09.8	1983
M40	Ken Inglis	15:16.4	1983
M45	Jerry Kooymans	15:40.56	2001
M50	Jerry Kooymans	16:03.43	2008
M55	Bob Moore	16:57.51	1996
M60	Stuart Galloway	17:45.10	2021
M65	Ed Whitlock	17:38.50	1997
M70	Ed Whitlock	18:49.94	2004
M75	Ed Whitlock	20:21.57	2006
M80	Ed Whitlock	21:02.38 WR	2011
M85	Ed Whitlock	24:03.00 WR	2016
W30	Joanna Chan	18:52.42	2024
W35	Janet Takahashi	17:42.9	1995
W40	Cecilia O'Neill	17:59.01	2004
W45	Tiffany Newell	18:34.08	2022
W50	Elaine Mota	19:23.19	2017
W55	Liz Maguire	19:20.50	2024
W60	Elizabeth Waywell	20:22.35	2021

W65	Elizabeth Waywell	21:23.72	2025
W70	Jackie Siverberg	25:01.06	2021
10,000m			
M35	James Earl	31:56.27	1997
M40	Ken Inglis	31:07.1	1982
M45	Mike Scott	33:19.0	1988
M50	Art Taylor	34:44.1	1979
M55	Bob Moore	35:05.17	1996
M60	Ed Whitlock	37:28.50	1993
M65	Ed Whitlock	36:31.52	1997
M70	Ed Whitlock	39:44.60	2001
M75	Kurt Gelbhaar	47:33.98	1999
M80	Odino Soligo	60:10.10	2001
W35	Laura Lynn	37:16.1	1989
W40	Diane Palmason	38:38	1982
W45	Barbara McLeod	43:03.2	1985
W50	Beverley Coburn	41:32.40	2001
W55	Molly Turner	42:10.6	1992
W60	Judith Kazdan	48:43.0	1981
W65	Judith Kazdan	51:13.3	1985
W70	Judith Kazdan	54:15.5	1990
Sprint Hurdles			
M30	Sean Kibrick	17.22	2012
M35	David Valenzuela	15.59	2013
M40	Michael Heron	16.55	2001
M45	Glenn Chipkar	16.72	2004
M50	Yannick Le Mouël	14.41	2022
M55	Scott Tyler	15.4	1995
M60	Richard Lech	18.18	2011
M65	Ward Hazen	16.07	2024
M70	Ward Hazen	12.88	2025
M75	Karl Trei	16.4	1986
M80	Sardar Singh Makkar	15.69	2024
M85	Karl Trei	20.5	1995
W35	Liz McBlain	13.3	1988
W40	Leslie Estwick	12.10	2002
W45	Ladonna Gooden USA	13.62	2017
W50	Nicole Luke	15.62	2024
W55	Diana Cesaroni	14.19	2025
W60	Rhona Trott	14.85	2010
Long Hurdles			
M30 400m	Nicolas Kerebel	1:01.89	2019
M35	Andrew Clements GBR	54.65	2018
M40	Steve Bogatek	1:00.26	1993
M45	Glenn Chipkar	1:01.10	2004
M50	Markus Skeete	1:03.46	2018
M55	Rudolph Valentine	1:07.03	1979
M60 300m	Earl Fee	47.5	1991
M65	Earl Fee	48.4	1995

M70	Earl Fee	53.81	2002
M75	Robert Bonenberg PQ	1:05.61	2025
M80 200m	Helmut Brosz	1:03.12	2025
W30 400m	Kate Bickle-Ferth	63.04	2017
W35	Maureen Rodrigue	1:10.05	2002
W40	Carol Felepchuk	1:12.70	1998
W45	Latricia Dendy USA	67.21	2018
W50 300m	Rhona Trott	56.81	2003
W55	Kairy Loucks	58:53	2023
W60	Ruth Carrier	1:12.4	1994
W65	Karla Del Grande	54.00 WR	2021
Steeplechase			
3000m			
M30	Jimmy Semes	12:51.70	2012
M35	Fred Robbins	10:13.1	1994
M40	Ray Varey	9:51.2	1985
M45	Chris Deighan	10:57.91	2008
M50	Roland Anspach	11:42.2	1977
M55	Chris Deighan	11:06.00	2015
2000m			
M60	Simon Rayner	7:17.98	2025
M65	Vern Christensen	8:32.28	2006
M70	Vern Christensen	9:19.27	2012
M75	Vern Christensen	10:04.30	2016
M80	Vern Christensen	14:12.10	2025
W30	Ocean Johnson-Storey	9:10.91	2025
W35	Karen Hyslop	8:15.31	2008
W45	Kate Cochrane-Brink	8:17.93	2017
W50	Kate Cochrane-Brink	8:36.69	2019
W55	Ruth Carrier	10:10.4	1989
W60	Faith Lee	11:34.29	2023
W65	Faith Lee	11:18.15	2025
4 X 100m Relay			
M30	Waterloo Track Club	46.80	2025
	Conlon 34, Meadows 31, Wagner 40, Ferth 44		
M35	Ottawa Lions	50.12	2023
	Nahum, Fine, Smith, McCann		
M40-49	Masters Sprint Club	47.7	1980
	Malmstrom, Dungey, Horton, Rodrigues		
M45	JamCan	50.75	2024
	Hui, Shand, Morgan, Lee Foon		
M50-59	Masters Sprint Club	50.8	1983
M55	JamCan International AC	50.44	2018
	Baptiste, Lee Foon, Nasanto, Kudo		
M60+	Masters Sprint Club	54.7	1980
	Grant, Pickl, Jamieson, Warwas		
M65	UTTC	63.49	2016
	Zowkewych, Creen, Helliker, Greenshields		

W30	UTTC	61.49	2013
	Mason, Botelho, Primovac, Catton		
W35	Ontario		2025
	Zinman, Alexis, Rofael, Jones		
W40	ONT Unattached	53.00	2018
	Garfinkle, Zinman, Rogers, Beckles		
W45	Ontario	57.82	2012
	Del Grande, Botelho, Alexis, Bailey-Mason		
W50	Ontario	58.38	2017
	Hargreaves, Loucks, Rozario, Del Grande		
W60	Scarborough Masters	1:10.47	1987
4 X 400m Relay			
M30	Waterloo Track Club	3:44.58	2025
	Wagner, Conlon, Xie, Ferth		
M35	Northland Athletic Club	3:51.7	1983
M40	JamCan International	3:48.88	2024
	Hui, Miller, Shand, Morgan		
M45	Jamcan	3:58.88	2023
	Reid, Hui, Morgan, Lascelles		
M50-9	Masters Sprint Club	4:18.5	1980
	Masi, Morris, Egerton, Baum		
M60	Masters Sprint Club	4:55.7	1983
M70	Longboat	6:00.57	2017
	Teddy, Bedley, De Vries, Connolly		
M75	Ontario	6:06.62	2017
	Taivassalo, Christensen, Goodstadt, Mackie		
W30	UTTC	4:54.16	2013
	Mason, Botelho, Primovac, Ballon		
W50	UTTC	5:49.01	2021
	Koch, Weber, Northcott, Ohler		
Mixed 35	Ontario	4:28.64	2025
	Skeete, Rofael, Graenert, Driscoll		
4 X 800m Relay			
W30	UTTC	12:08.96	2016
	Chung, Kramarich, Catton, Ballon		
W45	Newmarket Huskies	10:57.41	2013
	Rout, O'Hagan, Jones, Sullivan		
M35	Ontario Unattached	8:57.10	2018
	Bok, Farr, Tremain, Aseltine		
M40	UTTC	12:08.92	2016
	Wells, MacIlsac, Rayner, Brecher		
M70	Longboat	13:13.05	2017
	Teddy, Bedley, De Vries, Connolly		
M75	Ontario	13:36.15	2016
	Christensen, Taivassalo, Moore, Mackie		
M80	Team Ontario	14.24.03 WR	2013
	Wardle, Thompson, Whitlock, Fee		
5000m Racewalk (1500m added in 2013)			
M30	Jocelyn Ruest	23:20.46	2012
M35	J. Hall	26:43.6	1981

M40	Gerald Bocci	24:53.0	1979
M45	Jianping Xu	23:58.17	2011
M50	Alex Oakley	23:33.2	1976
M55	Bill Purves	27:08.74	2000
M60	Max Gould	25:37.1	1980
M65	Max Gould	27:33.1	1983
M70	Bill Flick USA	29:05.16	1996
M75	Bill Flick USA	32:45.61	2001
M80	Marcel Jobin PQ	37:38.05	2023
W30	Amanda Wallace	27:53.44	2017
W35	Joni Bender	23:31.91	1999
W40	Nanci Sweazey	27:14.25	1996
W45	Nanci Sweazey	25:53.26	2002
W50	Liliana Whalen	28:56.15	2003
W55	Linda Wilson	28:44.55	2012
W60	June-Marie Provost	29:23.6	1994
W65	June-Marie Provost	30:32.75	1999
W70	Anne De Thy	33:53.58	2004
W75	Jean Horne	38:16.04	2012
W80	Jean Horne	39:08.26	2013
W85	Jean Horne	45:10.90	2019
High Jump			
M30	David Valenzuela	1.83	2009
M35	Zoltan Sara	1.96	2012
M40	John Hawkins	1.90	1991
M45	Kermit Hollingworth	1.75	1979
	Witold Klinger	1.75	1992
	Don Ritchie	1.75	2010
M50	Istvan Major	1.80	2003
M55	Don Ritchie	1.62	2018
M60	Ian Hume PQ	1.48	1977
M65	Ian Hume	1.45	1981
M70	Ian Hume	1.45	1988
M75	Ian Hume	1.35	1990
M80	Ian Hume	1.25	1995
M85	Karl Trei	1.05	1994
M90	Karl Trei	0.90	1999
W30	Jennifer Pineo	1.40	2009
W35	Leslie Estwick	1.65	2000
W40	Liz McBlain	1.59	1988
W45	Maresa Cadienhead	1.65	2022
W50	Maria Mallia	1.37	2005
W55	Kairy Loucks	1.35	2022
W60	Sue Hannon	1.28	2018
W65	Helgi Pedel	1.19	1989
W70	Helgi Pedel	1.16	1997
W75	Helgi Pedel	1.11	1999
W80	Helgi Pedel	1.04	2004
Pole Vault			
M30	James Sniatenchuk	4.14	2006
M35	Kevin Lake	4.50	2005

M40	Kevin Lake	4.30	2011
M45	Matti Kilpelainen USA	4.00	1994
	Geoff Outerbridge	4.00	2010
	Marcus Popp	4.00	2023
M50	Matti Kilpelainen USA	4.17	1997
M55	Matti Kilpelainen USA	3.65	2004
M60	Matti Kilpelainen USA	3.66	2006
M65	Tony Salmon	3.30	2022
M70	Stan Egerton	3.00	1997
	Bruce Simpson	3.00	2021
M75	Stan Egerton	2.85	2001
M80	Ian Hume	2.01	1995
W35	Émilie Lefebvre PQ	0	2022
W40	Émilie Lefebvre PQ	3.40	2025
W45	Barbara Stewart	1.70	1990
W50	Hillen Stubendorff USA	2.60	2003
W55	Louise Bonneau PQ	2.40	2025
W60	Edith Gray	1.90	1996
Long Jump			
M30	Yordanys Garcia	7.04	2021
M35	Anthony Dandie	6.67	2025
M40	Todd Crawford	6.66	2006
M45	Nigel John	6.63	2019
M50	Nigel John	5.91	2025
M55	Jean-Pierre Mayer	5.58	2004
M60	Alan Slater	5.17	2003
M65	Ed Lukens	5.00	1988
M70	Ian Hume	4.56	1985
M75	Karl Trei	3.92	1985
M80	Karl Trei	3.67	1989
M85	Karl Trei	3.17	1994
M90	Karl Trei	2.55	1999
W30	Claudia Pedrero	5.06	2019
W35	Lorena Reyes	5.56	2019
W40	Leslie Estwick	5.28	2002
W45	Kim Ethier	4.37	2016
W50	Kairy Loucks	4.21	2018
W55	Kairy Loucks	4.48	2022
W60	Edith Gray	3.77	1996
W65	Edith Gray	3.60	2001
W70	Elga Meri	3.00	1992
W75	Helgi Pedal	2.48	2000
Triple Jump			
M30	Chris Martin	14.26	2009
M35	Jonathan Younker	13.20	2013
M40	Todd Crawford	13.19	2005
M45	Dennis McWhinney	12.32	2009
M50	Jonathan Younker	11.87	2025
M55	Mihai Ene	11.25	2017
M60	Alan Slater	10.85	2003
M65	Ed Lukens	10.69	1987

M70	Ian Hume	10.00	1987
M75	Ian Hume	8.71	1990
M80	Karl Trei	7.26	1989
M85	Karl Trei	6.59	1994
M90	Karl Trei	5.57	1999
W30	Linda Carty USA	10.62	2001
W35	Valerie Kodo Ella	11.19	2019
W40	Frida Jones	9.61	2025
W45	Audrey Hiemstra	9.12	1987
W50	Kairy Loucks	8.48	2018
W55	Kairy Loucks	9.07	2025
W60	Sue Hannon	6.96	2018
W65	Helgi Pedal	6.25	1991
W70	Helgi Pedal	6.16	1996
Shot Put			
M30	Fernando Cornejo	12.44	2012
M35	Gintas Degutis	15.40	2010
M40	Len Olson	12.61	1973
M45	Peter Ingelton	13.22	2013
M50	Joe Myers USA	13.96	2005
M55	Joe Myers USA	13.71	2010
M60	G. Battick	13.21	1982
M65	William Eipel	12.00	1979
M70	Jean-Pierre Mayer	13.19	2018
M75	Garry Bachman	11.28	1998
M80	John Kasperski	11.00	2024
M85	Evalds Viskers	7.79	2012
M90	Vattan Gill	6.40	2018
M95	Juri Daniel	5.90	2018
W30	Marie-Josée LeJour	13.56	2009
W35	Laura Sivers	9.69	2021
W40	Bozena Wojciekian	11.64	1995
W45	Nikki Anderson	10.59	2024
W50	Nikki Anderson	11.91	2025
W55	Annamaria Szanto	9.90	2024
W60	Doreen Garner	10.24	2018
W65	Doreen Garner	9.94	2019
W70	Doreen Garner	9.35	2025
W75	Joanne Den Iseger	7.91	2021
W80	Adri Rowsell	7.37	2022
W85	Velta Tomsons	6.03	2013
Discus			
M30	Justin Conlon	31.63	2025
M35	Eric Forshaw	59.04	2005
M40	Mike Ransky	52.75	2013
M45	Don Bailey USA	44.86	2007
M50	Mike Ransky	54.99	2022
M55	Jean-Pierre Mayer	42.93	2003
M60	Al Hough	52.12	2025
M65	William Smith	42.96	2001
M70	Jean-Pierre Mayer	40.54	2018

M75	Evalds Viskers	32.52	2001
M80	Evalds Viskers	29.94	2006
M85	Evalds Viskers	19.86	2011
M90	Karl Trei	16.98	1999
M95	Juri Daniel	13.23	2018
W30	Marie-Josée Le Jour	49.94	2009
W35	Diana Jaam Shahriari	37.05	2005
W40	Diana Jaam Shahriari	37.92	2006
W45	April Capwill USA	32.66	1999
W50	Nikki Anderson	33.08	2025
W55	Kristen Dajia	26.65	2022
W60	Doreen Garner	27.93	2017
W65	Doreen Garner	27.47	2019
W70	Doreen Garner	24.95	2025
W75	Adri Rowswell	19.88	2018
W80	Adri Rowswell	18.39	2021
	Adri Rowswell	18.39	2022
W85	Velta Tomsons	10.60	2013
Javelin			
M30	Bill Plain	46.80	2003
M35	Marty Withers	63.10	1998
M40	Folgo Della Vedova	56.84	1992
M45	Marty Withers	56.09	2008
M50	Bob Kouvolu USA	53.42	2003
M55	Fred Pamenter	45.48	1996
M60	Gary Stenlund USA	53.64	2004
M65	Ian Hume	40.36	1981
M70	Brock Pullen	37.55	2019
M75	Ed Purgalis	29.64	1992
M80	Ian Hume	29.04	1995
M85	Karl Trei	19.54	1994
M90	Karl Trei	17.74	1999
M95	Juri Daniel	9.59	2018
W30	Beth Stroud	37.20	2008
W35	Dianne Bedford	32.85	2009
W40	Michelle Crispe	39.19	2023
W45	Michelle Crispe	37.37	2024
W50	Barb Dabrowski	34.65	2009
W55	Barb Dabrowski	36.17	2013
W60	Barb Dabrowski	34.00	2017
W65	Barb Dabrowski	28.37	2024
W70	Elga Meri	22.91	1992
W75	Elga Meri	19.78	1996
W80	Olga Kotelko	15.66	2000
Hammer			
M30	Jasdeep Singh	46.33	2023
M35	Kevin Harrison	49.50	2013
M40	Len Olson	40.58	1973
M45	Boris Zaitchouk	50.70	1993
M50	Boris Zaitchouk	60.35	2001
M55	Boris Zaitchouk	58.36	2003

M60	Jan Graczyk	45.02	2013
M65	Emil Muller	49.95	2000
M70	Boris Zaitchouk	47.83	2019
M75	Emil Muller	36.06	2012
M80	Edmund Joyce USA	26.62	2018
M85	Aleks Upmalis	14.06	2003
M90	Albert White	5.68	1994
W30	Marie-Josée Le Jour	45.38	2012
W35	Kristin Daija	40.20	1998
W40	Darlene Aulenback	29.94	1995
W45	Ruth Rezai	39.00	2021
W50	Elizabeth Hill	34.46	2012
W55	Kristen Daija	39.80	2022
W60	Kristen Daija	36.95	2025
W65	Cheryl Closkey BC	28.26	2017
W70	Cheryl Closkey BC	24.25	2018
W75	Cheryl Closkey BC	24.68	2025
W80	Olga Kotelko BC	17.45	2000
Weight Throw (Weights changed for 60+ in '97)			
M30	Jasdeep Singh	13.98	2024
M35	Richard Parkinson	13.01	2002
M40	Andrew Armstrong	12.77	2024
M45	Boris Zaitchouk	15.02	1993
M50	Jim Wetenhall USA	19.94	2008
M55	Boris Zaitchouk	18.03	2003
M60	Jan Graczyk	16.67	2013
M65	Emil Muller	16.40	2001
M70	Emil Muller	16.72	2006
M75	Emil Muller	12.14	2012
M80	John Kasperski	12.44	2024
M85	James Sumner	8.17	2025
W30	Marie-Josée Le Jour	16.13	2012
W35	Bozena Wojciekian	11.14	1993
W40	Darlene Aulenback	10.73	1993
W45	April Capwill USA	10.93	2000
W50	Elizabeth Hill	10.72	2013
W55	Kristen Daija	12.85	2021
W60	Kristen Daija	15.58	2024
W65	Doreen Garner	10.78	2019
W70	Doreen Garner	11.41	2025
W75	Cheryl Closkey	9.53	2025